CARROT ENERGY BITES

Serves: 16
Approximate Cost of the Recipe: $4.62
Approximate Cost per Serving: $0.29

INGREDIENTS:
- 1 (14.5 oz) can carrots, drained
  - OR 3 cups fresh carrots, steamed and cooled
  - OR 3 cups frozen carrots, microwaved and cooled
- 1/4 cup maple syrup
- 1/4 cup chia seeds
- 1 cup flaxseed meal
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup dark chocolate chips
- 1/2 cup unsweetened shredded coconut

DIRECTIONS:
1. Wash hands and surfaces. Rinse any fresh produce used under running water.
2. Mash carrots in a bowl until smooth.
3. Add maple syrup, chia seeds, flaxseed meal, cinnamon, vanilla, and dark chocolate chips. Mix well.
4. Scoop 1 tablespoon of the mixture and roll into a ball. Cover in shredded coconut and place on a plate or sheet tray.
5. Refrigerate overnight or freeze for 1 hour.
6. Serve and enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program. Contact: Melissa Furtado, Community Nutrition Manager | (401)230-1700 | mfurtado@rifoodbank.org